

# NOW WHO'S THE MOST ELIGIBLE BACHELOR?

CLOONEY GETS HITCHED, A SUCCESSOR MUST BE NAMED! PAGE 14



# metro®

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**Ready for prime time.** The Patriots, looking for their third win of 2014, play the first of their five scheduled night games tonight in Kansas City against the Chiefs. PAGE 23

# GAMES OF CHIEF CONCERN



Tom Brady and the Patriots have gotten off to a relatively slow start to the 2014 season, but a simple win tonight in Kansas City against the Chiefs would solve a lot of issues. The Pats are looking to improve to 3-1 on the young season. / GETTY IMAGES

## Celebrating 10 years of Metro Photo Challenge

PAGE 12

## Trial kicks off for third friend of Tsarnaev

PAGE 02

## We break into BANKS: R&B's rising star talks

PAGES 16-17



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# Jury selection set to begin in trial of Tsarnaev's friend

**Boston.** A high school friend of the accused Boston Marathon bomber is accused of lying to investigators.

Jury selection is set to begin today in the federal trial of Robel Phillipos, who faces charges of lying to investigators in the wake of last year's deadly Boston Marathon bombing.

Phillippos, 21, of Cambridge, attended Cambridge Rindge and Latin School with accused bomber Dzhokhar Tsarnaev, who is set to go on trial in January for allegedly detonating two bombs at the

Boylston Street finish line on April 15, 2013, killing three and injuring 264.

Federal prosecutors claim Phillippos lied to the investigators who were probing the bombings, alleging that he was in Tsarnaev's dorm room at the University of Massachusetts-Dartmouth several days after the attack, when two other friends removed Tsarnaev's laptop, Vaseline, and a backpack containing empty fireworks shells.

One of the other two men, Azamat Tazhayakov, was found guilty in July of obstruction of justice for removing the evidence, and the second, Dias Kadyrbayev, in August pleaded guilty to the same charge.

Phillippos is accused of ly-



Visit **Metro.us** to read more about Phillipos and other friends of Tsarnaev.

## Quoted

**"I'm satisfied as to being able to get a fair and impartial jury in this case."**

Woodlock

ing about being present when the men took the items. He has pleaded not guilty.

U.S. District Judge Douglas Woodlock last week denied a renewed plea by Phillippos to move his trial to another city — either Springfield, Providence or Portland.

Woodlock said that the court experienced less trouble selecting a jury for the Tazhayakov trial than had been anticipated.

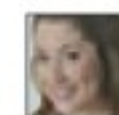
"I'm satisfied as to being able to get a fair and impartial jury in this case," Woodlock said.

Phillippos has been confined to his Cambridge home since his May 2013 arrest. He faces up to 16 years in prison, if convicted. Investigators do not believe he played any role

in the attack.

Last week a federal judge also denied requests by Tsarnaev's defense team to delay his trial until next fall — it was originally scheduled to begin this November — and to move it out of Boston on the grounds that it will be nearly impossible to give him a fair trial in the city.

Tsarnaev faces the possibility of execution if found guilty of carrying out the deadly terror attack and also murdering an MIT police officer as he attempted to flee with his late brother and alleged accomplice Tamerlan Tsarnaev three days later.



MORGAN ROUSSEAU  
@MetroMorgan  
morgan.rousseau@metro.us

## iFest unleashes Irish culture in the Seaport

Guinness beer, Jameson whiskey, Riverdance performances and contemporary Irish cuisine from chefs including Barbara Lynch were just a few of the cultural gems highlighted at this weekend's iFest at the Seaport World Trade Center. The three-day festival was the first of its kind celebrating contemporary Irish culture in Boston, which organizers specifically chose as the event's inaugural destination.

NICOLAUS CZARNECKI, METRO



## Stonehill student assaulted on campus

A Stonehill College student told police a man sexually assaulted her as she walked through campus early Sunday morning, a university official said.

The incident happened on a pathway near the college's MacPhaidin Library around 2 a.m., according to Stonehill Spokesman Martin McGovern. The victim, who was later hospitalized, described her assailant as a man with

## Got info?

The investigation is ongoing. Anyone with information is encouraged to call Easton police at 508-230-3322.

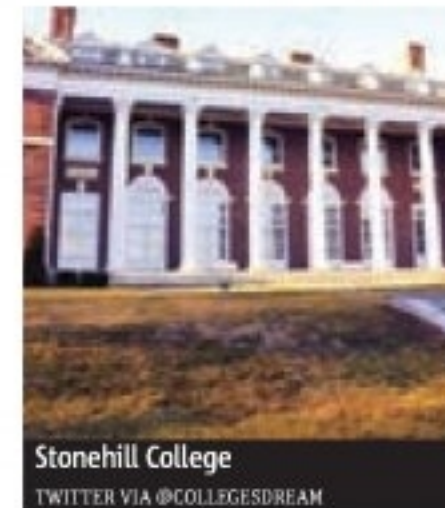
strawberry-blond hair.

"The health and well-being of victims in cases of sexual assault is always our top priority," McGovern said

in an emailed statement.

"Victims are offered a variety of resources, counseling, medical, alternative housing options and academic accommodations. We have expanded patrols on campus and will be sharing more safety reminders with our students."

The college issued a warning to the campus community at 4:35 a.m. and sent another update later in the morning, McGovern said. **MORGAN ROUSSEAU**



Stonehill College  
TWITTER VIA @COLLEGESDREAM

## Boating

### Man crashes 50-foot vessel in Boston harbor, charged with OUI

An allegedly drunken boater crashed and sank his 50-foot craft in Boston Harbor on Saturday, according to Massachusetts State Police.

The boat, named Sea Ray, struck a rock shortly after 7 p.m. Saturday, which threw the operator and five passengers forward into the front of the boat from the vessel's flying bridge, according to police. All six were rescued. Police say all injuries sustained by those aboard were minor.

The driver, Paul Boulanger, a 44-year-old from North Andover, was charged with boating under the influence of alcohol.

The vessel, police said, sank and remained submerged overnight. Crews worked to recover the boat on Sunday.

Police say the luxury boat hit a rock between Spectacle Island, a public park located about four miles offshore from downtown Boston, and Long Island Bridge, located off the coast of the Quantum peninsula in North Quincy.

**METRO**

1

NEWS



## Top 3

**What's trending online at Metro.us**

**1** 'Five scenes that prove Jess is Rory's true love on "Gilmore Girls"'

**2** 'Top halloween costumes for 2014'

**3** 'Charlie Weis, who was still employed, fired by Kansas'

## Today's tweet

**"Shout out to the MBTA conductor who waved at me while closing the doors after watching me unsuccessfully sprint to catch the train."**

@nickdawg calls out a rude T driver.





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## South Shore. Authorities look into shark sightings

Authorities on Sunday were investigating two shark sightings off South Shore coasts.

Duxbury authorities reported an unconfirmed shark sighting off Duxbury Beach, while the Hull harbor master told NECN he was investigating a sighting about a mile off Nantasket Beach.

Duxbury Fire Department stated a patrol boat had been dispatched to the area of the alleged sighting. Seals, according to the department, were also in the area.

Duxbury Fire advised beachgoers to "swim at your own risk" and to not venture beyond waist deep water.

It wasn't the first shark sighting in Massachusetts water this season.

Earlier this month, a pair of kayakers off the Plymouth shoreline were dumped into the ocean by a Great White.

The shark took a bite out of one of the kayakers, but the kayakers were unharmed, albeit shaken.

DANNY MCDONALD

### In custody

## Saugus teen wanted for rape turns himself in

The 19-year-old Saugus man who was wanted in connection with a rape of a minor has turned himself in to Newburyport police.

Rashad Deihim had been the subject of a manhunt in connection to a sexual assault that took place in Saugus earlier this month, police said.

Deihim has been charged with intent to rape, kidnapping, indecent assault and battery and posing or exhibiting a child in a sexual act. **METRO**

# Report: Man stabbed at downtown Burger King



Police investigate the incident on Sunday afternoon. / NICOLAUS CZARNECKI, METRO

**Boston.** The victim was later found at the Downtown Crossing MBTA stop.

A man was stabbed at a downtown Burger King on Sunday afternoon, according to multiple media outlets.

Fox Boston was among those to report the victim was stabbed at the fast food chain on Tremont Street around 1:15 p.m. and was found about 15 minutes later at a Downtown

### Got info?

Anyone with any crime information is encouraged to call the Boston Police's tip line at 1-800-494-TIPS or text "TIP" to 27463.

Crossing Orange Line MBTA stop. He was found on the platform for the train heading toward Forest Hills, according to media reports.

The victim, who suffered non-life-threatening wounds, was among multiple individuals to flee the scene of the stabbing, and, according to Fox Boston, was not being cooperative with authorities who responded to the crime.

As of press time, it was unclear whether anyone had been apprehended in connection with the stabbing.

Universal Hub reported police were seeking two suspects, one of whom was around six-foot tall and dressed in all black.

Boston Police did not respond to multiple requests for comment.



DANNY MCDONALD  
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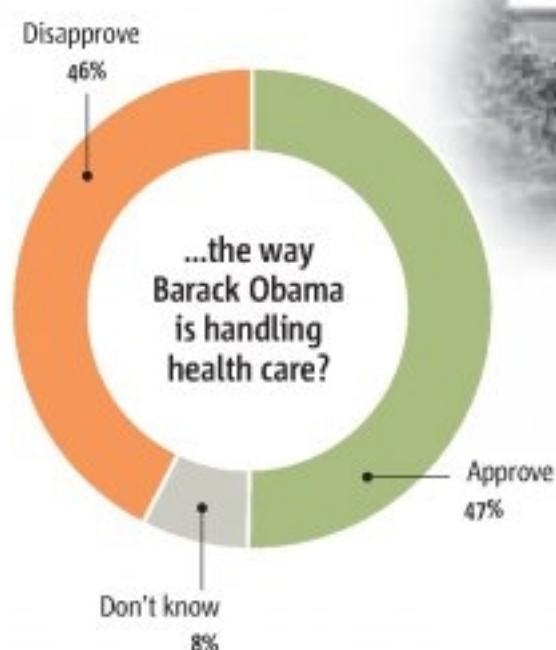
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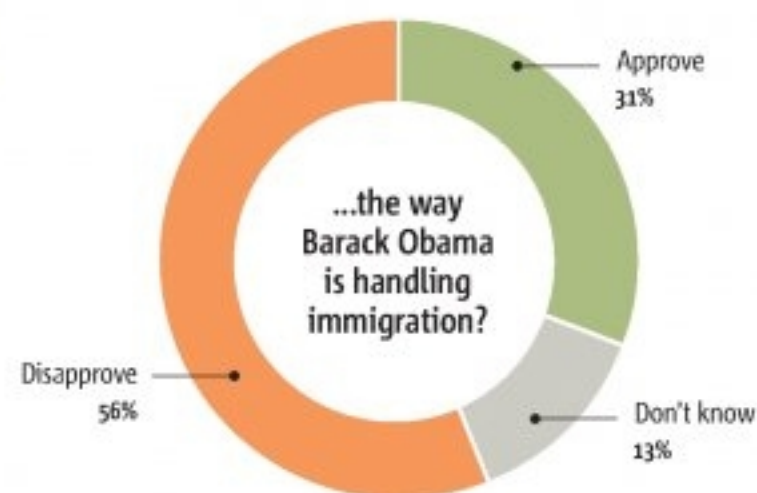
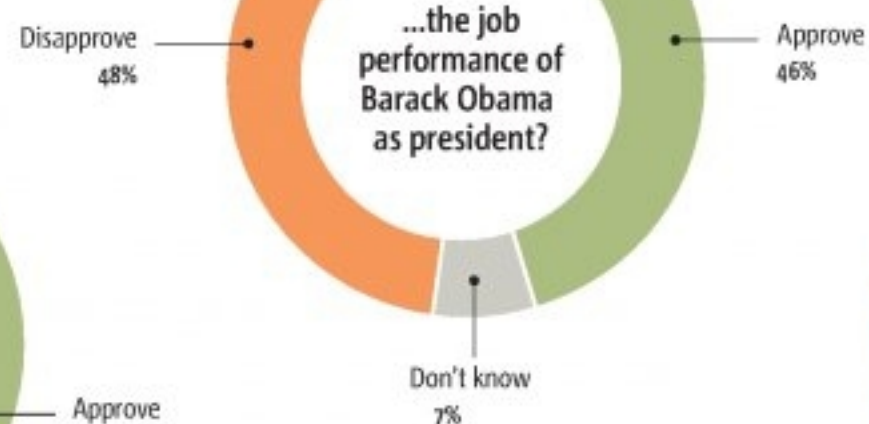
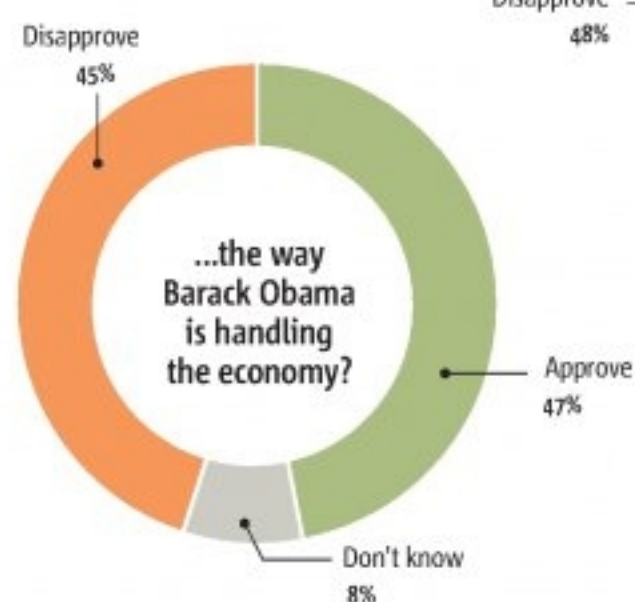
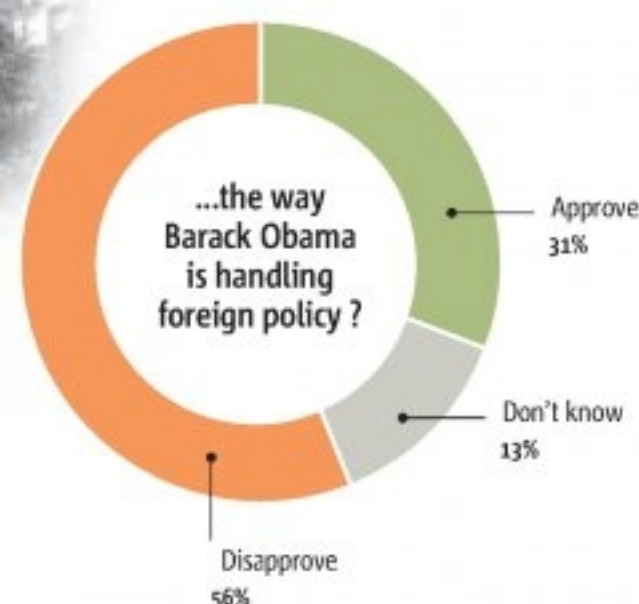


# Voters sour on Obama's actions

A Globe poll shows Massachusetts residents disapprove of the way the president is handling foreign policy and immigrants.

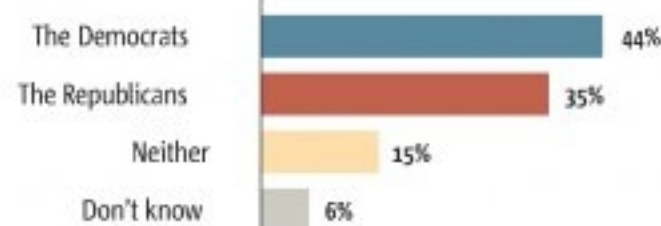


In general, do you approve or disapprove of...

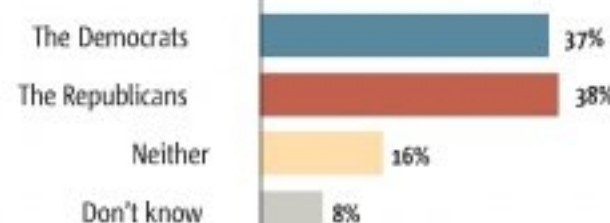


Thinking about national issues, which party do you trust more to handle...

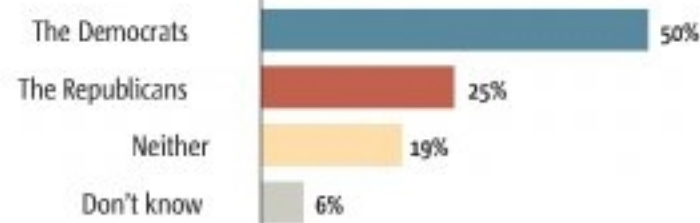
...the economy?



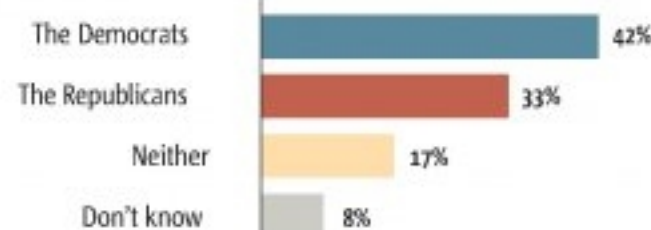
...foreign policy?



...health care?

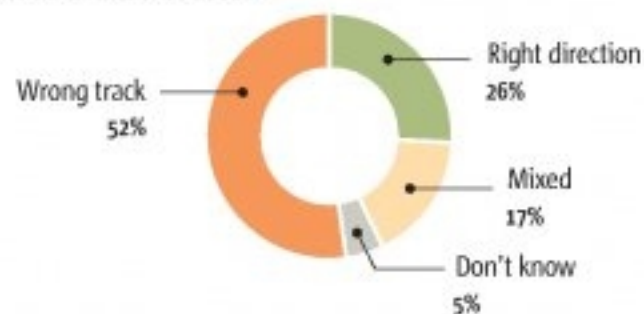


...immigration?

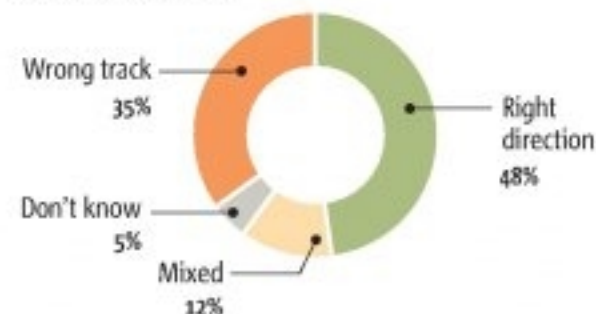


In general, would you say things are headed in the right direction or are they off on the wrong track in...

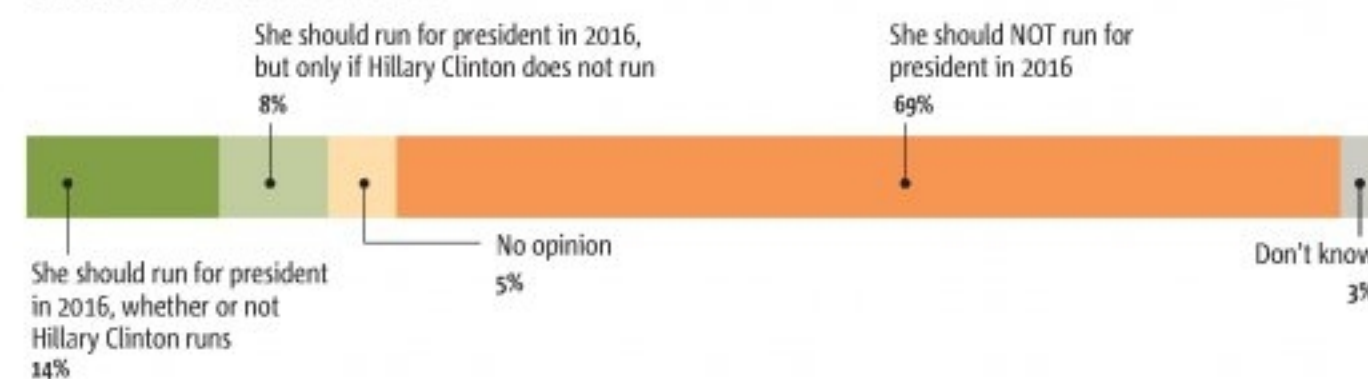
...the United States?



...Massachusetts?



Which of the following statements comes closest to your own view about Senator Elizabeth Warren?



If the general election for governor were held today, for whom would you vote?



Charlie Baker  
40%



Martha Coakley  
38%



Evan Falchuk  
2%



Jeff McCormick  
2%



Scott Lively  
1%

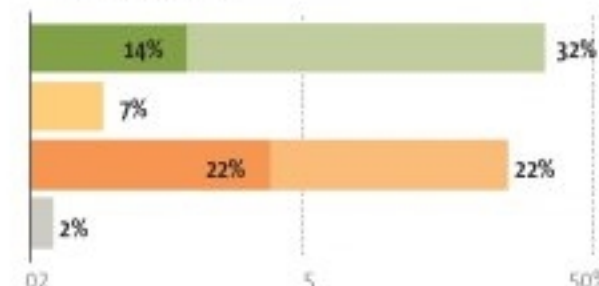


Don't know  
18%

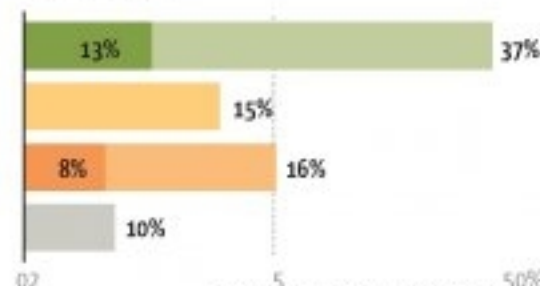
## FAVORABILITY RATINGS



Martha Coakley



Charlie Baker





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PHOTO BY SARAH JORDAN PHOTOGRAPHY



## Air strikes

Al Qaeda figure  
Fadhli killed by US  
strike in Syria:  
Monitoring group

A jihadist Twitter account said the leader of the al Qaeda-linked Khorasan group was killed in a U.S. air strike in Syria, SITE monitoring service said on Sunday after several days of uncertainty over whether he survived the raid.

A U.S. official said on Sept. 24 that the United States believed Mohsin al-Fadhli, a senior al Qaeda operative, had been killed in a strike a day earlier, but the Pentagon said several hours later it was still investigating what had happened to him.

In a tweet posted on Sept. 27, a jihadist offered

## Quoted

**"We want to make sure that he's not trying to ... fake his death."**

Tony Blinken, deputy White House national security advisor



Rubble of destroyed building, allegedly belonging to the Nusra Front. / GETTY IMAGES

condolences for the death of Kuwaiti-born Fadhli, otherwise known as Abu Asmaa al-Kuwati or Abu Asmaa al-Jazrawi, said SITE, a U.S.-based organization that monitors militant groups online.

In Washington, Tony Blinken, deputy White House national security adviser, said U.S. officials could not yet confirm the death.

U.S. officials have described Khorasan as a network of seasoned al Qaeda fighters with battlefield experience mostly in Pakistan and Afghanistan that is now working in league with al Qaeda's Syrian affiliate, the Nusra Front. **REUTERS**

# Intel underestimated ISIS inside Syria, says Obama

**Help.** Obama has sought to build a wider coalition effort to weaken Islamic State.

U.S. intelligence agencies underestimated Islamic State activity inside Syria, which has become "ground zero" for jihadists worldwide, President Barack Obama said in a CBS television interview broadcast on Sunday.

Conversely, the United States overestimated the ability of the Iraqi army to fight the militant groups, Obama said in a "60 Minutes" interview taped, days after the U.S. president made his case at the United Nations for action.

Citing earlier comments by James Clapper, director of national intelligence, Obama acknowledged that U.S. intelligence underestimated what had been taking place in Syria.

Islamic militants went underground when U.S. Marines quashed al Qaeda in Iraq with help from Iraq's tribes, he said.

"But over the past couple of years, during the chaos of the Syrian civil war, where essentially you have huge swaths of the country that are completely ungoverned, they were able to reconstitute themselves and take advantage of that chaos," Obama said.

"And so this became ground zero for jihadists around the world."

Obama has been seeking to build a wider coalition to weaken ISIS. **REUTERS**

## Quoted

**"I think there's going to be a generational challenge. I don't think that this is something that's going to happen overnight."** Obama



Syrian Kurdish women flee from Islamic State clashes. / GETTY IMAGES



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Monday, September 29, 2014

NEWS

10

### Ferguson

## Suspects sought in shooting of two Missouri police officers

Police were seeking suspects on Sunday in what appeared to be the unrelated shootings of two police officers in and near the Missouri city of Ferguson, which remains on edge after a black teenager was shot to death by a white police officer last month.

The Saturday night shooting of an officer in the St. Louis suburb of Ferguson did not seem linked to peaceful protests occurring elsewhere in the city, police said, nor was it connected to a separate shooting involving an off-duty police officer in St. Louis early Sunday.

Neither officer received life-threatening injuries, according to the St. Louis County Police Department.

Groups protesting near the scene of Saturday night's shooting and at Ferguson police headquarters remained peaceful, witnesses said.

REUTERS

## Eruption. At least 31 people feared dead near Japanese volcano



This picture shows a smoke rising from Mount Ontake in Nagano. / GETTY IMAGES

Thirty-one people were presumed dead on Sunday near the peak of a Japanese volcano that erupted a day earlier, catching hundreds of hikers off guard as it belched out clouds of rock and ash.

The deaths on Mount Ontake, 125 miles west of Tokyo, were the first from a Japanese volcanic eruption since 1991.

Police said the 31 were found in "cardiopulmonary arrest," but declined to confirm their deaths pending a formal

examination, as per Japanese custom. Public broadcaster NHK and the Kyodo news agency later reported that four males had been confirmed dead. An official in the area said rescue efforts had been called off due to rising levels of toxic gas near the peak, as well as approaching nightfall.

Hundreds of people were stranded on the mountain, a popular hiking site, after it erupted without warning on Saturday. REUTERS

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# Metro, UN challenge you to focus on our green city

Join the 10th edition of the world's largest photography competition.

Today, Metro is thrilled to launch the 10th anniversary edition of Metro Photo Challenge, the world's largest photography competition. This year's contest sees Metro team up in a unique global partnership with the United Nations in concert with last week's U.N. Climate Summit taking place in New York City.

In celebration of 10 years of challenging amateur and professional photographers to take the most stunning images, Metro and the United Nations will focus on a new dimension to the contest: the importance and impact of photography in the urban landscape.

Metro's partnership with the U.N. presents an extraordinary opportunity for metro-politans around the world to participate in a call-to-action on the vital issue of climate change, to use the power of photography to motivate positive change in an issue that affects every global citizen. To this end, the Metro Photo

Challenge will have a special category — "My Green City" — dedicated to profiling our interconnectivity between urban dwellers and the ever-changing climate.

"To quote U.N. Secretary General Ban Ki-moon, 'Climate change is not a far-off problem, it is happening now, with real consequences,'" said Afsane Bassir-Pour, director of the U.N. Regional Information Center in Brussels. "'But,' adds the secretary general, 'change is in the air.' And Metro International's decision to dedicate the 10th Metro Photo Challenge to the climate is another sign of this change."

METRO WORLD NEWS

## Quote

**"The key goal is always to activate and motivate our readers with topics that will challenge."**

Francisco Contreras  
Metro's global marketing director

## Contest

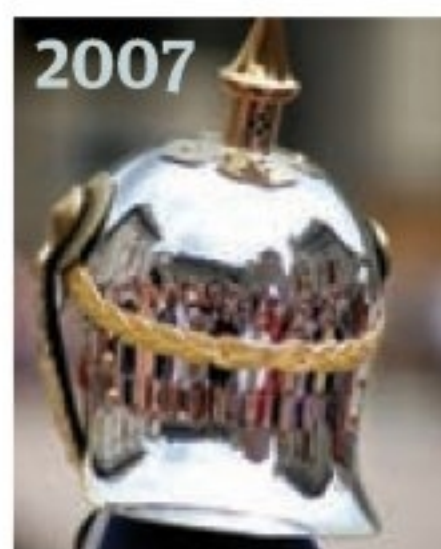
### Metro Photo Challenge

Metro Photo Challenge was introduced 10 years ago in Sweden and ran globally for the first time in 2007. The contest has become a truly credible and important event for professional and amateur

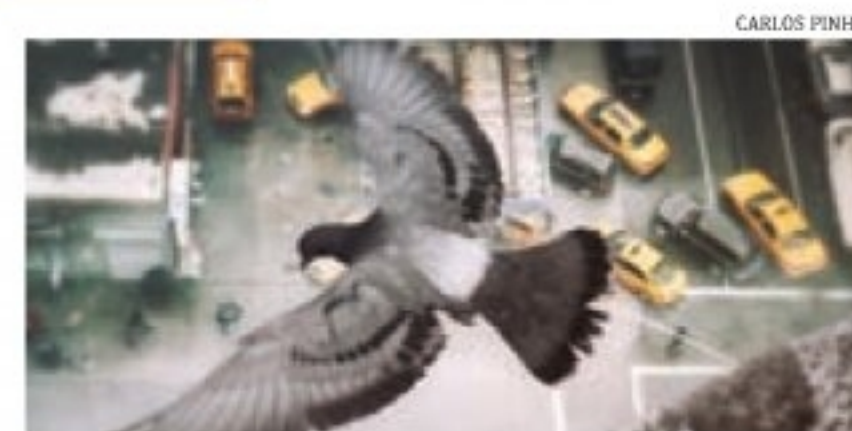
photographers alike. In 2013, 40,000 photographers submitted more than 120,000 images, making Metro Photo Challenge the world's largest photography competition.



Metro Photo challenge winners, above, have won a variety of prizes over the years. The winner of this year's challenge will win \$5,000.



## 2014 categories



CARLOS PINHO

### My City's Magic

At first glance it's the city buzz, crowds and traffic that fill the eye of the urban dweller, but if you take a closer look, every detail, face, street or object in your city is unique — unique in its life, history and culture. The city can both be beautiful and

rough, have a bright and dark side to it, which is all a part of the magic that empowers urban spaces to be the grandest places created by humans. But what makes the magic of your city? And can you capture those unique details?



BRUNO ANDRADE

### Urban Escape

As much as we care about these beehives of cities, we also tend to want to escape from them once in a while — the crowds, traffic, the routine and constant buzz. We tend to look for the silence of nature, the refreshment of a short change or this secret oasis within the city no one

ever noticed but you. The escape clears your mind, refreshes your soul and even wipes the board clean. So do you know about this urban escape, and can you capture it? It might be a physical world, a mental place or even a companion you turn to for this getaway.



JULIA NAPOLSKAYA

### My Green City

Our cities are very vulnerable to environmental impact, yet at the same time they can provide a great platform as a leading force in the battle against climate change. Affordable, scalable solutions are now available, enabling us all to shift towards cleaner, more sustainable and thus greener cities. Can you capture positive changes

made toward combating climate change in your city, to give hope for the future of our planet and humanity? Metro Photo Challenge 2014 and the United Nations invite you to showcase that taking climate action in your urban landscape can save money and promote other benefits such as cleaner air, better well-being for everyone.

## Quote

**"We at Metro are happy and very excited to have the United Nations as our partner for this year's Metro Photo Challenge. We believe that the collaboration will inspire our readers and photographers from around the world to participate in this year's challenge."** Francisco Contreras, Metro's global marketing director



# Painful Varicose Veins?

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# 2

## CULTURE



### Twitter feed

Today, Jaden Smith has really got a hold on you, Thandie Newton's a big Pretenders fan and Joel McHale insists he didn't make that mess.

@officialjade: Hate Me Love Me Doesn't Matter I'm Still Occupying Time Inside Of Your Psyche.

@thandienewton: Just met one of my heroines the great Christie Hynde #swoon

@joelmchale: Whoever used the urinal before me was either very nervous or blindfolded or nervous & blindfolded.

## THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR  
@Nedrick  
ned.ehrbar@metro.us



# DiCaprio now world's most eligible bachelor?

George Clooney went and got himself hitched this weekend, so that means one thing: We need to find Hollywood's Next Most Eligible Bachelor. It's a tough act to follow, to be sure, but someone out there has to be nearly as adept at being rakish and charming, looking great in a tux and squiring an unending stream of enviable girlfriends to glamorous events while avoiding talk of marriage. So, ladies, who is the new reigning king of single Hollywood? The smart money is on the ever-debonair Comedy Store heir Pauly Shore, who oozes confidence and sophistication. But Shore has some serious competition: David Spade and Ryan Seacrest seem pretty darn eligible, no? But the most obvious choice



Leo might want to consider trimming that beard with his new title.

is noted environmentalist, serious actor type and serial model dater Leonardo DiCaprio — which is awkward,



Amal Alamuddin and George Clooney tied the knot this weekend, though reports suggest that the couple may be having another ceremony in Venice as you read this. / ALL PHOTOS GETTY IMAGES

since Clooney isn't such a fan of the "Great Gatsby" star. (He revealed as much in an Esquire profile last year.) I'm

sure he would've preferred Shore, but hey, that's not up to him. Enjoy the honeymoon, George!



Readers, please understand we don't think any of these One Direction members are terrorists!

## 'Daily Show' goes in One Direction for a joke that offends fans

The folks at "The Daily Show with Jon Stewart" learned not to kick the hornet's nest that is One Direction fandom. Fans lit up Twitter with the hashtag #thedailyshowgonetoo far after Jessica Williams mentioned the group in a joke. "Just as you were talking, a new terrorist group formed with one member each from ISIS, al-Nusra, al-Qaeda, Hamas, One Direction and the Zetas drug cartel," Williams reported.

Fans assumed Williams was poking fun at One Direction member Zayn Malik, who is Muslim. A sample of the tone of the responding tweets: "I suggest you take 8,381 steps back before I actually kill you." The writers for the show, for their part, did have a response, tweeting, "We didn't know the band members' names, religions, hobbies, etc. Just knew they were popular. But not this popular. #whoa"

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# She's a tortured

**Rising star.** Anger sparked success for BANKS. The mysterious R&B artist tells us about her musical catharsis.

Jillian Banks isn't the first musician to credit her creativity to a tumultuous domestic situation. But the 26-year-old R&B singer who calls herself "BANKS" says that her parents' divorce when she was a teenager locked up a part of her that only songwriting could free.

"I felt like this person who wanted to scream but didn't have a voice," she says. "I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling. And all of a sudden, all of these weirdly intricate poems were coming out with melodies on top of chords."

The songs on her debut album, "Goddess," which dropped last week, are characterized by their pulsing beats and an anger that runs beneath the surface.

"It was such a blessing to be so angry," she says. "I didn't ever consciously think I really wanted to start writing songs. If I wasn't in such a dark place, I wouldn't have been in a weird enough mood to start tinkling about on the piano."



Banks plays a sold out show tonight at 7 at the Paradise Rock Club (967 Commonwealth Ave.). Visit [www.crossroadspresents.com/paradise-rock-club](http://www.crossroadspresents.com/paradise-rock-club) for more info. / WILLIAMS, HIRAKAWA

## Social media challenges

### Taking it to the 'BANKS'

The marketing for Banks has been a well-played mix of hype and mystery. She just joined Instagram, while her management handles her Twitter and

Facebook. "I just didn't feel natural tweeting, and I wanted to do something that felt like me," she says.

Her intangibility has seen Banks craft a persona as a high priestess of dark pop. It's a guise that sees her fans flock to

her shows where — dressed in monastic all-black capes — she delivers her songs.

"It's the juiciest feeling that I get from performing," she says.

But it's not her lifeblood: "The writing is what I need to survive, mentally."

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# soul

## Next hype

### Before we ever met her

Banks can count Katy Perry among her fans, and she had a track on a Victoria's Secret ad. Neither of these achievements would have been possible had Banks' manager not been bold enough to rip the song "Before I Ever Met You" from her private SoundCloud account and whisk it away to the influential ear of British DJ Zane Lowe, who named her his "next hype" in 2013.

"It was a blessing from the universe," she says of the early recognition. "It kind of gave me that extra little push to be fearless; I would die for him."



RICHARD PECKETT  
@MetroBOS  
richard.peckett@metro.lu

Her writing is emotional and confessional. Take this "This Is What It Feels Like" lyric: "I caught you off guard / And then when you saw I felt the same / You pulled away." These are lyrics that make sense coming from someone

with a degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life," she says. "Music is where I feel completely liberated and free to express myself."

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## TV watch list

### COMEDY

#### 'Mom'

The family's living situation might be at risk because of Christy's financial choices.  
SEASON PREMIERE, 8:30 P.M., CBS

### DRAMA

#### 'Castle'



Beckett is stuck investigating a crash that's a little close to home on "Castle." ABC, KELSEY MCNEAL

Beckett has to work out the details of the car crash that Castle was in. SEASON PREMIERE, 10 P.M., ABC

### DRAMA

#### 'NCIS: Los Angeles'

Callen and Sam get trapped on an armed submarine that terrorists point at an aircraft

carrier.  
SEASON PREMIERE, 10 P.M., CBS

### REALITY

#### 'The Voice'

It's time for Round 3 of the blind auditions. Which coach would you want to pick you?  
8 P.M., NBC  
LISA WEIDENFELD

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FILM

18

# Ben Kingsley chills out



BEN KINGSLEY  
/ FILMMAGIC

**Interview.** To record his "Boxtrolls" baddie's voice, the Oscar-winner had to lay back in a reclining chair.

Here's a fun game: Sir Ben Kingsley has made a lot of films since "Gandhi" in 1982, but at least one of them was a terrible experience. So take a look at Kingsley's IMDb page and try to figure out which filmmaking experience of his was so toxic it prompted him to torch the screenplay. No, really, he did. But of course he's not saying which film it was. "I actually burned

the script," Kingsley says while promoting his latest film, the stop-motion animated film "Boxtrolls" — which we can rule out from being the offending production in question. "I had a ceremonial burning of the script. The director was such an awful person who was so discourteous to the cast and so amateurish. It was a colossal waste of good energy and time."

One way to avoid any repeats of such an experience is taking matters into his own hands. "I've created a production company with my wife. We've got six films on our slate, and one of them is about a naval admiral," Kingsley says. "I want to play a man in uniform. I've got tremendous respect for that life that they lead."

And it will likely be a far cry from his "Boxtrolls" character, the devious Archibald Snatcher, who looks and sounds nothing like Kingsley. "My physicality on screen — the puppet — is very unlike my own silhouette," he says. "I actually

## In the future

### The voice

Kingsley has more voiceover work lined up already, with Jon Favreau's take on "The Jungle Book," which will use Kingsley's voice as Bagheera the leopard. "This script is probably a lot closer to Kipling than the original Disney one was," he says.

No word yet on whether he'll be doing this job lying down as well, but it's safe to say he won't torch the script.

was lying down for most of my recordings. I know the recording studio quite well, and I've got some good mates who work there, and they rigged me up a reclining chair so that I could lie almost horizontal. ... I wanted it to come from a very relaxed part of me."



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# The trends shaping health care's future

## StartUp Health.

Technology is taking the guesswork out of living better.

The devices in our pockets and around our wrists have a ton of ambition.

As digital assistants — apps, wearable gadgets and smart devices such as Vessyl — are entrusted with more and more personal data, quantifying steps, heart rate and hours slept, StartUp Health president Unity Stokes sees the field of medicine attracting the attention of Silicon Valley.

"We believe that it's going to be the entrepreneurs, innovators, the doctopreneurs that are going to reinvent health care," he says.

Driving the rise of small companies in the medical field is the end of one-size-fits-all treatments.

"I think for many years, people have been binned into broad categories," Stokes says. "But now, new technologies are enabling us to really be treated as individuals, to understand your health on a personal level."

These technologies are giving people a more complete picture of their well-being — and changing doctors' role. Stokes gives us a preview of the trends in health care.

## At-home diagnostics

"I think our concept of what a hospital is will completely change over the coming decade. You'll start to see a lot more care being done in your home — imagine being able to do an ultrasound from your iPhone or your tablet right from the comfort of your own home, and then beam that image to your doctor," Stokes says, adding that accessing your health information should be as easy as getting a car with Uber.



Companies are working on technology that makes testing, diagnostics and even procedures such as ultrasounds possible without leaving home. / GETTY IMAGES



DNA SEQUENCING IS GETTING CHEAPER.

## Truly preventive medicine

"We're seeing the cost for consumer genomics come down," says Stokes. Hundreds of medical issues have been tied to genetic abnormalities, and being able to understand your DNA and how it may impact the conditions you're at risk of developing can shape your behavior, including whether you should seek testing sooner than the recommended age.



WHAT IS YOUR GUT TELLING YOU?

## Looking inside for answers

Besides genome mapping, another important area of focus will be to decipher our personal microbiomes to "understand what's going on in the ecosystem inside of you," says Stokes. Gut bacteria, whether they're absent or the wrong strain, have been tied to health issues from mood disorders to obesity. The effects of food and sleep on these colonies are being studied.

## Driving forces

Stokes says there are four major developments that have "changed everything over the last three years" in the health field:

- The aging population has new, unmet needs.
- A rise in chronic diseases is driving innovation.
- The Affordable Care Act is challenging business models.
- The digital revolution is creating new uses for connected devices.

## Better habits by design

Innovation is not always about making something new. It can mean rethinking an old idea. "[Engineers ask]: How is a refrigerator designed to make sure you eat the healthiest foods first?" says Stokes. "Then you can do all sorts of high-tech things: Put sensors in there to track what you're eating and correlate that with how you're feeling and how you're sleeping."

## Wearables are just the start

Health reflects lifestyle, and data on nutrition, sleep and exercise is crucial. "We're going to start to see health and wellness being integrated into every aspect of our lives, oftentimes in invisible ways, whether that's designed into your refrigerator, your car seat or your phone."



EVA KIS  
@thisiskis  
eva.kis@metro.us



PLUS

## Coffee deals

### Where to get a jolt today

It's National Coffee Day, and science has done its part to justify your caffeine habit: Coffee cuts your risk of heart disease, type 2 diabetes, gallstones, some oral cancers and stroke, and protects your liver. So have a drink (benefits kick in after two cups a day) at one of these spots taking part in the celebration:

### Dunkin' Donuts

Get a free medium cup of the chain's new flavor, Dark Roast Coffee, all day, or for 99 cents through Oct. 5.

### McDonald's

The celebration has been going on since Sept. 16 with free small morning coffees. The promotion continues through today.

### Krispy Kreme

Besides a free 12 oz. cup of coffee, all other coffee-based drinks are \$1 off.

### Tim Hortons

Try what all the north-of-the-border fuss is about at Canada's beloved coffee house, where any size coffee is \$1 through Sept. 29.



# Using improv can help you negotiate better

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**Management.**  
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By day, Isaac Rodriguez is the CEO of the Provident Loan Society, the 180-year-old nonprofit lender that was founded by business tycoons including J.P. Morgan and Cornelius Vanderbilt. By night, Rodriguez performs as an improv comedian with Artistic New Directions, a theater group in Manhattan.

Rodriguez says he's tried to incorporate several lessons he's learned from his side career as an actor into the



Don't be thrown off by a curveball during a meeting. / DIGITAL VISION

corporate world of business. The most significant thing improv has taught him, says Rodriguez, may surprise readers.

"The most important thing would be listening," says Rodriguez. "How important that is, to listen to someone, and how it feels realizing even more how it feels to not be listened to. It's one of the worst feelings."

Rodriguez shares these improv tips for anyone looking to get ahead in the workplace.

## Keep the conversation going

The trick to succeeding, says Rodriguez, is not to let the conversation peter out. To do is, Rodriguez says you should use what he calls the "yes, and" principle. "It's an actor's job to justify, make positive choices and respect [the] physical and verbal reality of the scene, for example. Apply that to business," he says. If you end up saying something like "I don't know" or "We can't do that," you



Isaac Rodriguez / PROVIDED

### Branching out

## Get out of your comfort zone

Rodriguez says improv classes can help with public speaking. "If you want to push your comfort zone, there are others there who will support you," says Rodriguez. "[There won't] be any negativity, because it's all positive."

are effectively putting an end to any potential negotiations and shutting the door to a potential project.

"If I don't listen to [the proposal] and interact and keep that scene going, I would never know what their thoughts were and what they were doing or thinking."

## Engage your audience

As anyone who has ever given a presentation or tried to speak with an extremely busy colleague knows, it just takes a moment to lose the interest of your audience. "If an individual is physically involved in something and not verbally responding to you, simply acknowledge it," advises Rodriguez. "Say, 'You're really involved in something, and what we are talking about requires an extensive conversation. What other time can I come in and talk about it?'" Putting someone on the spot forces them to reschedule the meeting or to stop being distracted and talk to you.



LAKSHMI GANDHI  
@LakshmiGandhi  
lakshmi.gandhi@metro.us

## Break time. You should really be taking your lunch hour every day

What are you doing for lunch today?

If you're like most workers, you'll be eating at your desk. A 2012 study from Right Management showed that only one in five American employees takes a true lunch break.

"I've found that it's common for people to brag about how they're too busy to eat lunch. And when they do eat, it's at their desks, while staring at a screen," writes Forbes contributor Ruchika Tulshyan in a recent post. Tulshyan also cited an American Journal of Nutrition study showing that eating while distracted may make you eat more, or more quickly, than you normally would.

So tear yourself away from your desk during lunch. It's for your own good. **LAKSHMI GANDHI**



No one is ever this excited about eating in front of their computer. / CREATAS

### The benefits

## Energy booster

Need another reason to go out for lunch? A 2011 study in Cog-

nition showed that taking a 15- to 20-minute break improves your concentration and energy levels during the day.

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## Horoscope

## ♎ Libra | Sept. 23-Oct. 22.

Caution is key. Make sure you play by the rules. Being caught off-guard will end up costing you. Stick to the basics in order to lessen your stress.

## ♏ Scorpio | Oct. 23-Nov. 21.

Think fast and prepare to defend your actions. A person you thought was on your side will end up disappointing you. Cover your back.

## ♐ Sagittarius | Nov. 22-Dec. 21.

You will tire quickly if you try to keep up with everyone else. Take care of your responsibilities and let others do the same, and you'll do just fine.

## ♑ Capricorn | Dec. 22-Jan. 20.

Temptation will be your downfall. If you can't afford something, don't buy it. Putting yourself in a compromising financial position will only invite trouble.

## ♒ Aquarius | Jan. 21-Feb. 18.

Follow your chosen path. Trying to outperform or impress others will slow you down and damage your reputation. You can get what you want if you are industrious and focused.

## ♓ Pisces | Feb. 19-March 20.

You may be missing a piece of the puzzle regarding your career path. Communication difficulties and misunderstandings will have to be cleared up before you can move forward.

## ♈ Aries | March 21-April 20.

A minor monetary gain will be fleeting. It's likely you will receive payment of a debt or a small investment return. Spend cautiously; easy come, easy go.

## ♉ Taurus | April 21-May 21.

Love is in the stars. Expect to be called upon to assist a family member. Don't let your desire for riches cause you to fall for a con artist with a "foolproof" deal.

## ♊ Gemini | May 22-June 20.

This is not the time for impetuous decisions. You will make better progress if you take matters slowly and methodically. Trust your instincts to lead you in the right direction.

## ♋ Cancer | June 21-July 22.

A hobby or activity will turn out to be an eye-opener. Say yes when a friend or colleague offers to introduce you to someone. Don't neglect your domestic duties.

## ♌ Leo | July 23-Aug. 22.

A former friend will find a way back into your life. You stand to be hurt if you come on too strong. Let the other person make the first move.

## ♍ Virgo | Aug. 23-Sept. 22.

A dilemma at home will be upsetting. If you keep your discussions calm and reasonable, you will be able to find solutions that satisfy everyone involved. **EUGENIA LAST**

## Letters

## Pedestrians should follow the law before getting angry at cyclists

### Re: 'Stop hating cyclists'

(Metro, Sept. 23) As both a cyclist and pedestrian, I'd like to point out how flagrantly dishonest the anti-bike crowd is. The response to Janice Amato's flawless letter speaks for itself. Not one person rebutted her points, and instead they change the

subject, which is a tactic of people who think they are lying.

When we point out pedestrians are the No. 1 lawbreakers in the city, they don't dispute it. They just repeat the mantra: "Stop lawless bicyclists! (But don't stop us lawless pedestrians!)"

They all say, "The law is the law." Then they change their tune as they jaywalk 30 times a day. Is there a single honest person who hates lawless cyclists?

If so, then explain why police should crack down on lawbreaking cyclists but

NOT lawbreaking pedestrians. More people die from jaywalking than being hit by cyclists. Facts matter. Your double standard is obscene and corrupt. Get ready to change the subject again!

JACK DICKENSON, VIA EMAIL

## Name-calling can lead to some nasty consequences

### Re: 'Down with the female

chauvinist pigs' (Metro, Sept. 25) For a better choice of words, I think the following is preferable: A man was approaching a hidden bend in a country road. Suddenly a woman driver came around the bend, screaming, "PIG!" He diverted his attention and yelled directly at her: "COW!" And then he hit the pig.

DAVID AMES, VIA EMAIL

## letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Sudoku: Easy and hard

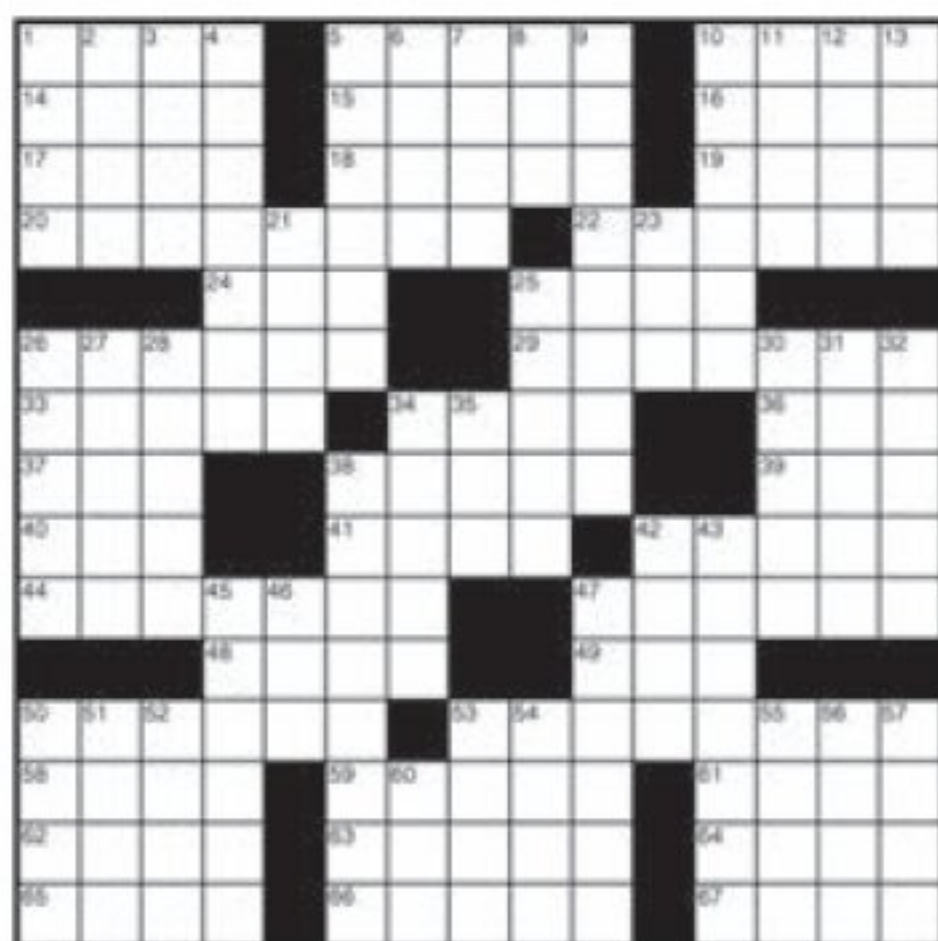
				5				
	3	1	2	7			8	
2		6				4		9
				9	7	3		
	7		5		3		6	
		3	8	2				
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	9			8	2	5	3	
				4				

9		6		1				
2			8					1
	8		6			2		
		7		5		3		
5		8	2		3	4		7
		2		8		5		
		3			4		8	
1					8			2
				3		1		4

### How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword



### Across

- 1 Cypress feature
- 5 Save a bundle
- 10 The brass, for short
- 14 Distant past
- 15 Fragrant shrub
- 16 Pennsylvania port
- 17 Jet engine noise
- 18 Alpaca kin
- 19 Repair a tear
- 20 Flea-market finds
- 22 Plundered
- 24 KLM destination
- 25 Heavy-metal band
- 26 Paul Hogan, for one
- 29 Semi engines
- 33 Glamour
- 34 Booty
- 36 "Ouch!"
- 37 Sudbury's prov.
- 38 Pulpy fruit
- 39 Umbrage
- 40 — Dawn Chong
- 41 Pull down
- 42 Huge blossom
- 44 Falls upon

### Down

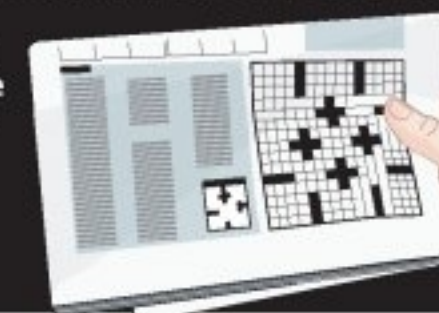
- 1 Sedgwick of the screen
- 2 Lunchtime
- 47 Geezer
- 48 Chess win
- 49 "What ho!"
- 50 IQ, informally
- 53 Fait —
- 58 Mammal organ
- 59 Talk show hostess
- 61 Like the Gobi
- 62 Potpourri
- 63 Common practice
- 64 Ocean compound
- 65 Congeals
- 66 Heinrich Harrer subject
- 67 Little kid



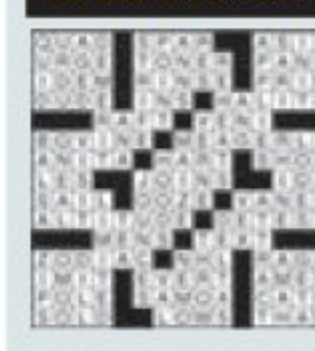
- 3 Livy's "it was"
- 4 Most uncanny
- 5 Charm
- 6 Marathon unit
- 7 "Woe is me!"
- 8 Private eye — Spade
- 9 Lack
- 10 Front-line physicians
- 11 Alumnus, briefly
- 12 Thick mud
- 13 Lean toward
- 21 Knowledge tester
- 23 Lemon drink
- 25 Make lovelier
- 26 Greek marketplace
- 27 Humerus neighbors
- 28 Some are historic
- 30 Looking at
- 31 Ben, of "Bonanza"
- 32 Vow
- 34 Auto option
- 35 Boston Bruin great
- 38 Slings loudly (2 wds.)
- 42 Kind of salmon
- 43 Resolute
- 45 Baja buddies

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



### Weekend's answer



- 46 John, in Glasgow
- 47 Prestige
- 50 Online journal
- 51 Axiom
- 52 Indigo dye
- 53 Haik wearer
- 54 Hamster's digs
- 55 Beseech
- 56 Enjoy a lollipop
- 57 Run in neutral
- 60 Tire pressure meas.



# 3 Patriots storylines to watch versus Chiefs

**NFL.** The Pats invade Kansas City tonight in their first prime time game of the season.

One could make a case that the Patriots had the most unimpressive 2-1 record in the league entering Week 4 play. Neither of the Pats' two victories thus far have been "impressive" as the Vikings were without their best player in Week 2 and the Raiders are, well, the Raiders. Winning tonight (8:30, ESPN) at Arrowhead Stadium should prove mighty difficult, despite Kansas City's 1-2 record.

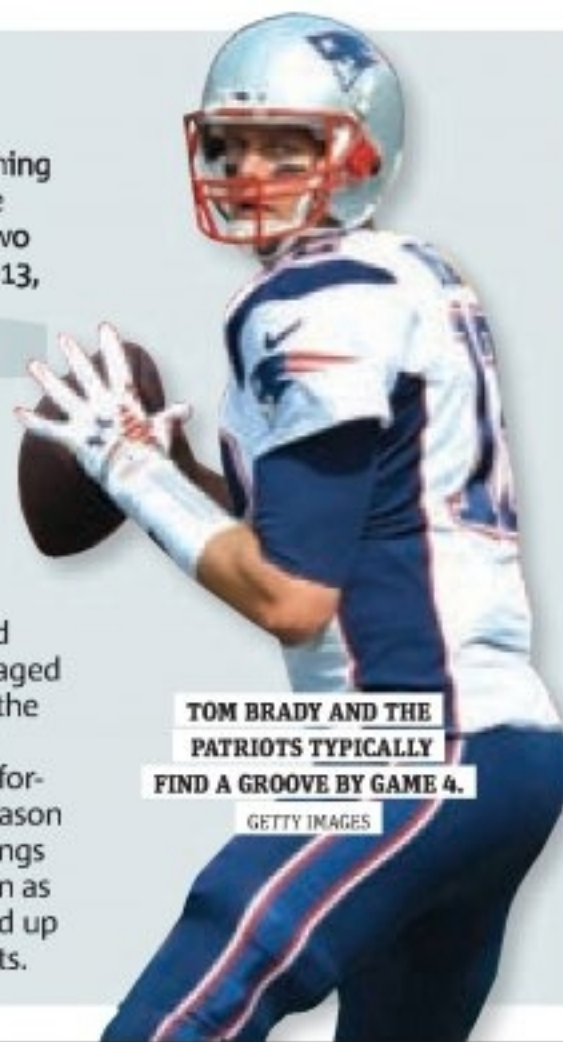


MATT BURKE  
@BurkeMetroBos  
matthew.burke@metro.us

## Four score

Week 4 has been something of a turning point for the Pats offense in the last two seasons. In Week 4 of 2013, the Pats ripped off their best offensive outing of the season up to that point, scoring 30 points in a win over the Falcons. They had scored an average of just 19.6 points in the first three games.

In 2012, things clicked early as the offense averaged 27.3 points per game in the first three games of that season. But the Pats' performance in Week 4 that season made the first three outings look weak by comparison as Tom Brady and Co. carved up the Bills, scoring 52 points.



TOM BRADY AND THE PATRIOTS TYPICALLY FIND A GROOVE BY GAME 4.  
GETTY IMAGES

## Star system

Brady's unspectacular play to start the season has been well-chronicled. But Brady certainly needs to start getting some help from his main targets. Rob Gronkowski has also been average since returning from injury as he has a total of 11 catches, 116 yards receiving and two touchdowns on the year. In two of his first three games back from injury last season, Gronk went over 100 yards receiving. Brady looked Gronkowski's way plenty in the Week 1 loss to the Dolphins, targeting the tight end 11 times, but against Minnesota and Oakland, No. 87 was targeted just six times each time out.



Rob Gronkowski is still seeking a breakout game in 2014.  
GETTY IMAGES

## Line 'em up

Keep an eye on the trench battles on Monday night. The Patriots offensive line was trashed all of last week, but the demise of the Logan Mankins-less unit may be slightly exaggerated. Through three games in 2013, Brady was sacked seven times. Through three games this season, same deal. Brady has been sacked seven times. Members of the O-line are, of course, saying all the right things as Dave DeGuglielmo gets his feet wet as the coach of the unit.



Vince Wilfork has stepped up his game since Week 1. / GETTY IMAGES

"We're champing at the bit," Pats tackle Nate Solder told CSNNE.com. "We want to prove to other people that we can play better, I guess. But really we want to prove it to ourselves."

On the defensive side of the ball, Vince Wilfork's play has improved after the Week 1 stinker on South Beach, so much so that the Patriots ranked 12th in the league in rush defense as of Sunday morning. Somewhat surprisingly, the Pats ranked No. 1 overall in opponent passing yards, allowing just 168.7 yards per game.

## NFL. Chiefs running back Charles listed as probable

Like the Patriots, Kansas City has gotten off to a rough start after making the postseason last year. The Chiefs (1-2) fell to the Titans in Week 1 and at Denver in Week 2 before rebounding against the Dolphins last week.

The run game remains Kansas City's strength, however, headlined by Jamaal Charles, who is expected to play Monday after missing last week with an ankle injury. Charles

remains one of the most dynamic backs in the game, when healthy, as he has rushed for over 1,100 yards in four of the last five seasons. Charles has only faced the Patriots once. It was the 2008 season opener and the first game of Charles' career. Pats fans would rather forget about that outing as Sept. 7, 2008, also happened to be the day Tom Brady went down with a season-ending ACL injury. **MATT BURKE**



Jamaal Charles is probable for tonight's game. / GETTY IMAGES

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SPORTS

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GETTY IMAGES

## Boston, baseball bids a fond farewell to Yankees icon Jeter

The Red Sox paid tribute to Derek Jeter prior to his final MLB game Sunday with an emotional celebration featuring Boston sports icons. Jeter responded with an RBI single in his final at-bat. **METRO**

### Around the NFL

- **Packers 38, Bears 17**  
The expectations for the Green Bay offense entering this season were sky high and in Week 4, Aaron Rodgers and Co. finally lived up to the hype. Rodgers threw four touchdowns without an interception and Randall Cobb and Jordy Nelson each finished with over 100 yards receiving as the Packers (2-2) dumped the Bears (2-2).

- **Texans 23, Bills 17**  
Nothing came easy for Houston as a banged-up Arian Foster rushed for just six yards on eight carries but the Texans defense did just enough to move Bill O'Brien to 3-1 so far as an NFL head coach. J.J. Watt's 80-yard interception return for a touchdown in the third quarter put the Texans ahead and they never trailed again against the Bills (2-2).

- **Colts 41, Titans 17**  
For the second straight week, Andrew Luck and the Colts (2-2) offense feasted as Andrew Luck threw for 393 yards and four touchdowns in the Indy romp. Reggie Wayne collected 119 yards of receiving on



Eddie Lacy and the Packers offense finally got their act together and pounded the Bears, 38-17. / GETTY IMAGES

seven grabs and found the end zone once. Tennessee fell to 1-3 on the year.

- **Ravens 38, Panthers 10**  
Steve Smith Sr. wore his heart on his sleeve against his former teammates and Carolina (2-2) cowered against the fiery wide receiver. Smith scored two touchdowns in the second quarter against the Panthers

as Baltimore (3-1) held a 21-7 advantage at halftime. The Ravens allowed just three points to Carolina the rest of the way.

- **Lions 24, Jets 17**  
Calvin Johnson was hobbled by an ankle injury but the Jets (1-3) defense could not solve the tag team of Matthew Stafford and Golden Tate. Stafford passed for 293 yards

and tossed touchdowns to Jeremy Ross and Eric Ebron. Tate caught eight balls for 116 yards. The Lions moved to 3-1 with the victory.

- **Buccaneers 27, Steelers 24**  
The Bucs (1-3) scored the biggest upset of Sunday's early slate, marching into Pittsburgh (2-2) and coming away with Lovie Smith's first win as the Tampa Bay head man. The Bucs outscored the Steelers, 10-0, in the fourth quarter thanks to a Patrick Murray 27-yard field goal and a five-yard touchdown pass from Mike Glennon to a diving Vincent Jackson with seven second left.

- **Dolphins 38, Raiders 14**  
A week after nearly pulling off an upset in New England, the Raiders (0-4) looked brutal in jolly old England as they fell behind Miami 24-7 by halftime and were never truly in the game the rest of the way. Ryan Tannehill had his best passing day so far this season as he finished with a 109.3 rating at Wembley Stadium. Miami improved to 2-2 on the year. **METRO**

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